

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	88	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	3.30	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	4	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	3	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	8	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	mg	735	51	16.383	488	986	14.0	700.006	770.283	15	Analytical or derived from analytical	--	01/2010
Zinc, Zn	mg	0.22	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.251	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.020	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.9	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.9	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.003	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.000	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.037	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.009	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2010
Choline, total	mg	10.3	--	--	--	--	--	--	--	--	Calculated or imputed	09037	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2010
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	237	--	--	--	--	--	--	--	--	Calculated or imputed	09195	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09195	02/2003
Cryptoxanthin, beta	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	09195	02/2003
Vitamin A, IU	IU	403	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09195	02/2003
Lutein + zeaxanthin	µg	510	--	--	--	--	--	--	--	--	Calculated or imputed	09195	02/2003
Vitamin E (alpha-tocopherol) 16	mg	1.65	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 16	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocopherol, gamma 16	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocopherol, delta 16	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 17	µg	1.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Lipids													
Fatty acids, total saturated	g	1.415	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
14:0	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	1.179	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.236	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	7.888	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.086	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	7.770	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.032	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
Fatty acids, total polyunsaturated	g	0.911	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.847	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.064	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Threonine	g	0.026	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.031	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.050	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.032	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.012	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.029	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.023	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.038	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.067	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.023	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.043	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.092	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.093	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.049	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.040	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.031	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Flavonoids													
Flavones													
Luteolin 18	mg	2.8	--	0.15	2.6	3.1	--	--	--	--	--	--	--

Sources of Data

¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1998

⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1999

⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2000

⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2001

⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2002

⁹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2003

¹⁰Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2004

¹¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2005

¹²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

¹³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

¹⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

¹⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994

¹⁶Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD

¹⁷S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

¹⁸Blekas, G., Vassilakis, C., Harizanis, C., Tsimidou, M., and Boskou, D. G. Biophenols in table olives., 2002 J. Agric. Food Chem. 50 pp.3688-3692